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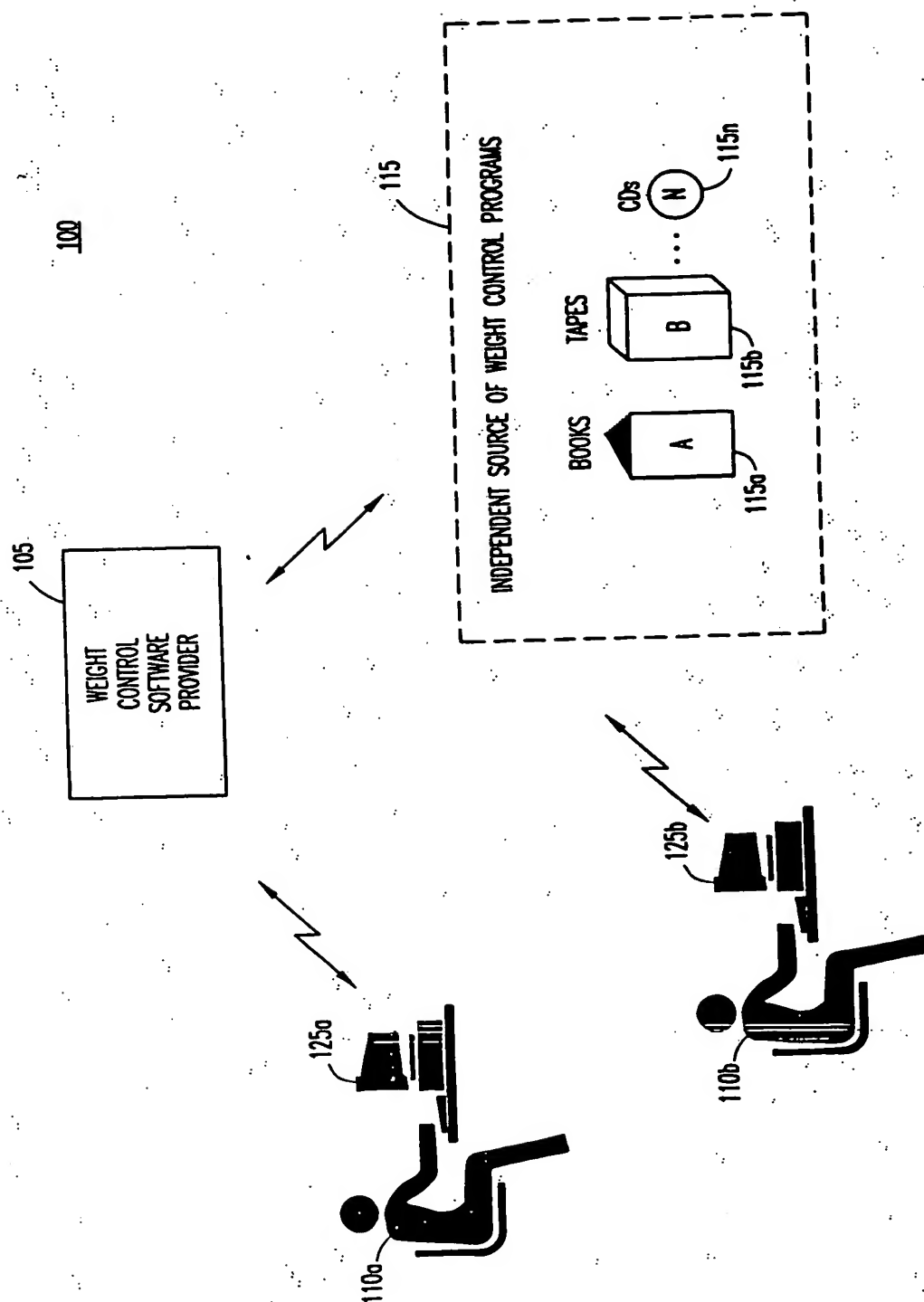


FIG. 1

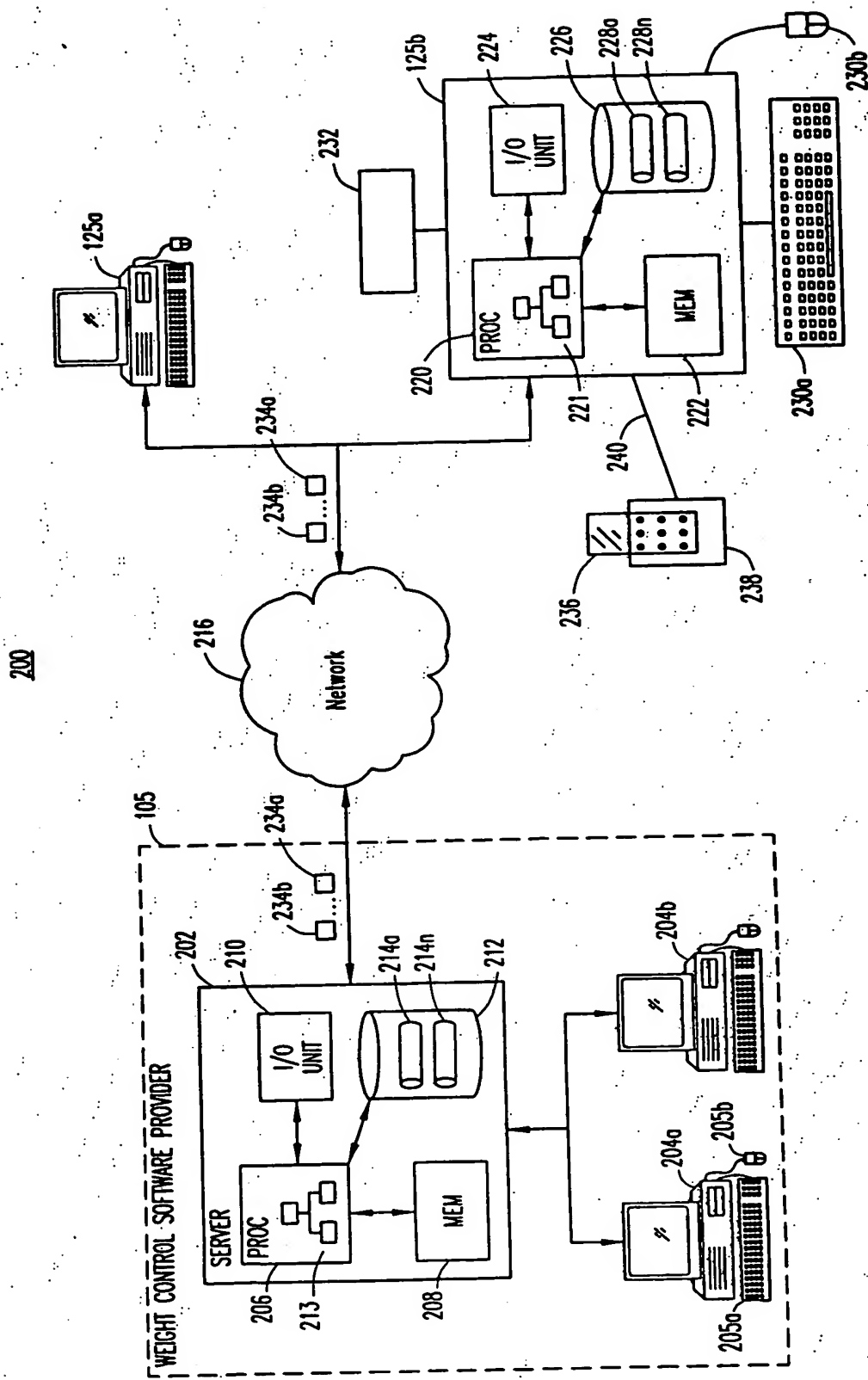
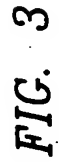


FIG. 2



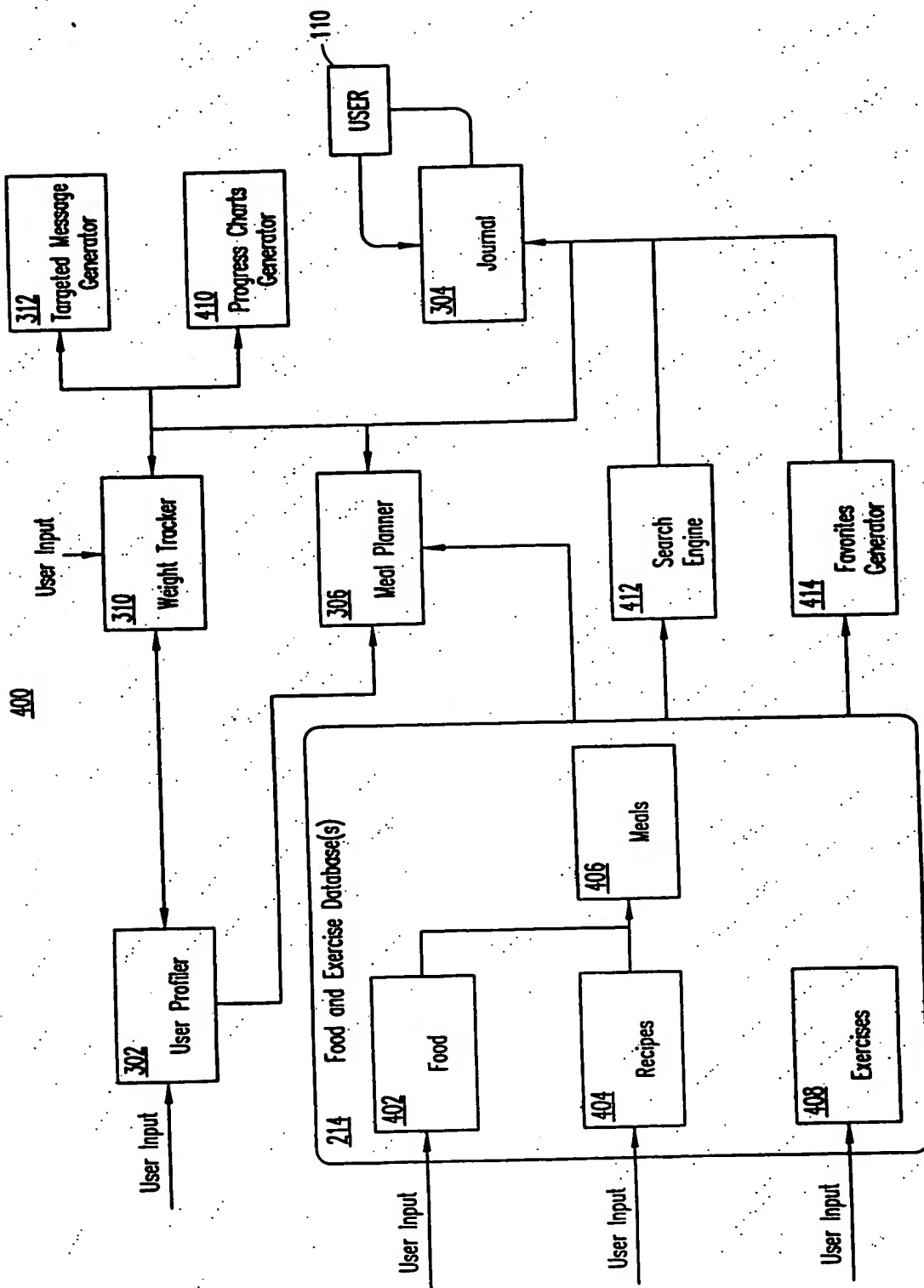


FIG. 4

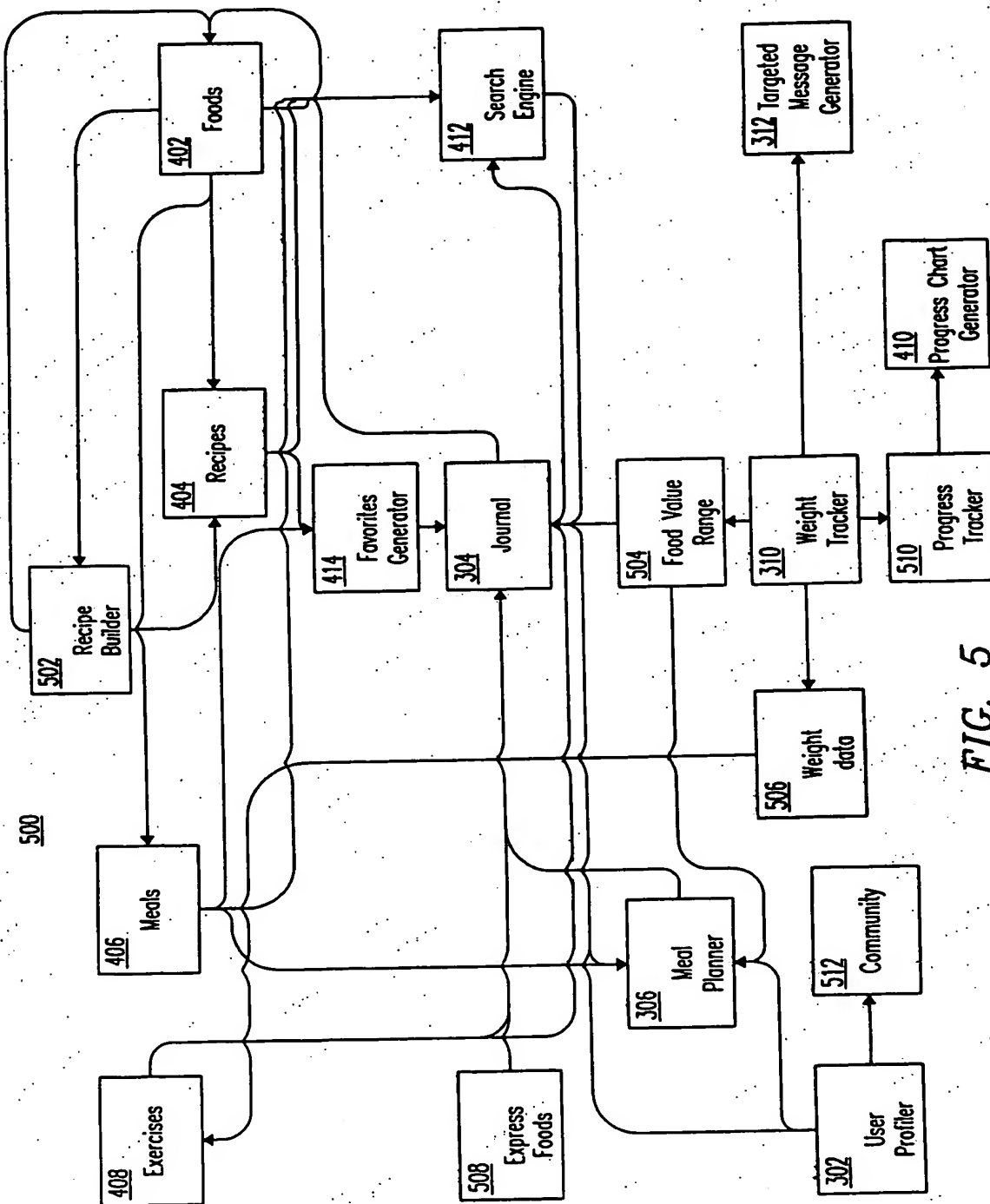


FIG. 5

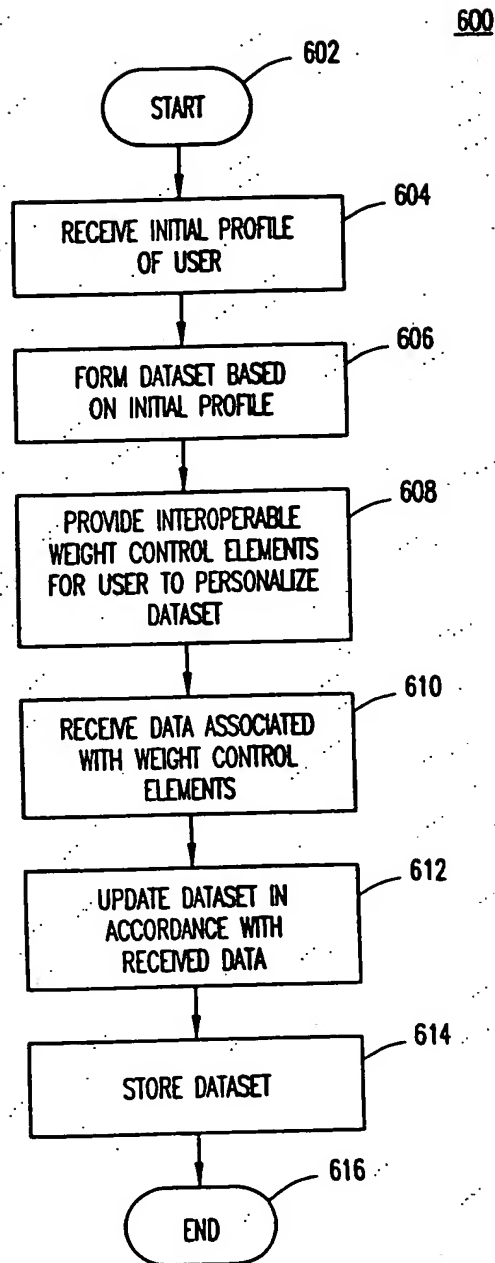


FIG. 6

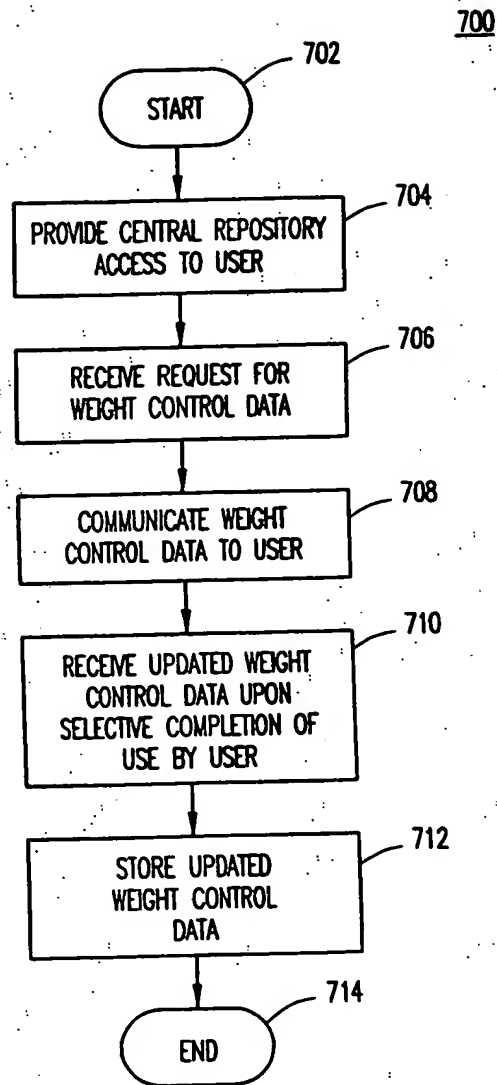


FIG. 7

8/28

806 home 800 the plan 802 find a meeting | about us | my profile | site map | help 804 LOGIN
community success stories food & recipes healthy life fitness just for me shop 808 panic
Journal | Weight Tracker | Progress Charts | My Favorites | POINTS® Calculators | Assessment | Tools for Living 826

step 6 of 6 confirm your information

Please confirm that all details you entered are correct. Click the "make changes" link below to make corrections

Current Weight Information

Current Weight: 223lb
Height: 5'8"
Gender: M
Birthdate: 7/14/1966

[Make changes to Weight Information](#)

<h4>Personal Information</h4> <p>First name: John Last name: Smith Address: 1 MAIN ST. City: Anytown State: NY Zip code home: 12345 Zip code work: 12346 Country: United States Phone: (212) 555-1234 E-mail: jsmith@workplace.com Receive Information: No E-mail Weight Loss Progress: No E-mail Format: text Profession: Professional (e.g., doctor, lawyer) Marital status: Single Number of children: 0 Lifetime Member: 98765 Meeting Member number: 98765</p>	<h4>Other Characteristics</h4> <p>Attitude: Generally Happy Athletic: Yes Eye color: Blue Hair color: Brown</p> <h4>Other Demographics</h4> <p>Race: Caucasian Religion: Catholic Ethnicity: Irish Blood type: A+</p> <h4>Health Restrictions</h4> <p>None</p> <h4>Desired Meal Plan Type</h4> <p>Regular</p>
---	---

[Make changes to Personal Information](#)

Payment Information

Credit Card: Visa
Credit card number: *****1111
Expiration date: 2/2002
Name as it appears on the card: John Q. Smith
Billing Address: 1 MAIN ST.
City: Anytown
State: NY
Zip code: 12345

[Make changes to Payment Information](#)

Total Subscription Charges for

Monthly Fee: \$8.00 x 6 = \$48.00
Savings/Discount: \$0.00
Taxes: \$0.00
Total Charges: \$48.00

FIG. 8

9/28

900a

The screenshot shows a web browser window with the following elements:

- Browser Interface:** Includes a menu bar (File, Edit, View, Go, Favorites, Help), a toolbar with navigation buttons (Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, Edit), and an address bar showing "http://".
- Navigation Links:** A horizontal bar contains links: "home", "my plan", "community", "success stories", "food & recipes", "healthy life", "fitness", "just for me", "shop", and a "panic" button.
- Journal Section:** Titled "my journal", it displays "Friday, Jan 25, 2002", "Target: 27", "Range: 22-27", and "Bank: 3". It includes buttons for "print day", "print blank journal", and "user guide".
- Meal Planning Section:**
 - Left Panel:** Contains "Add Food", "Add Exercise", "Notes", and "Calendar" tabs. Below these are instructions for adding food (Step 1: Select a meal time; Step 2: To add food, you can either: Search our food database, Select a favorite, or Express it) and a "POINTS Calculator" link.
 - Right Panel:** Displays a list of food items with their POINTS values. It includes a "DELETE CHECKED ITEMS" button and a "SAVE & BANK" button.

Item	POINTS
1 medium pear(s)	1
1 cup light artificially sweetened yogurt	2
1/2 cup General Mills Whole Grain Total	1
6 average almonds	1
Subtotal	5
Midday	
6 oz baked potato	3
1 oz low-fat cheddar or colby cheese	1
1/2 cup cooked broccoli	0
2 cup mixed greens	0
1 tsp olive oil	1
1 tsp vinegar	0
1 medium orange(s)	1
Subtotal	6

FIG. 9

10/28

1000

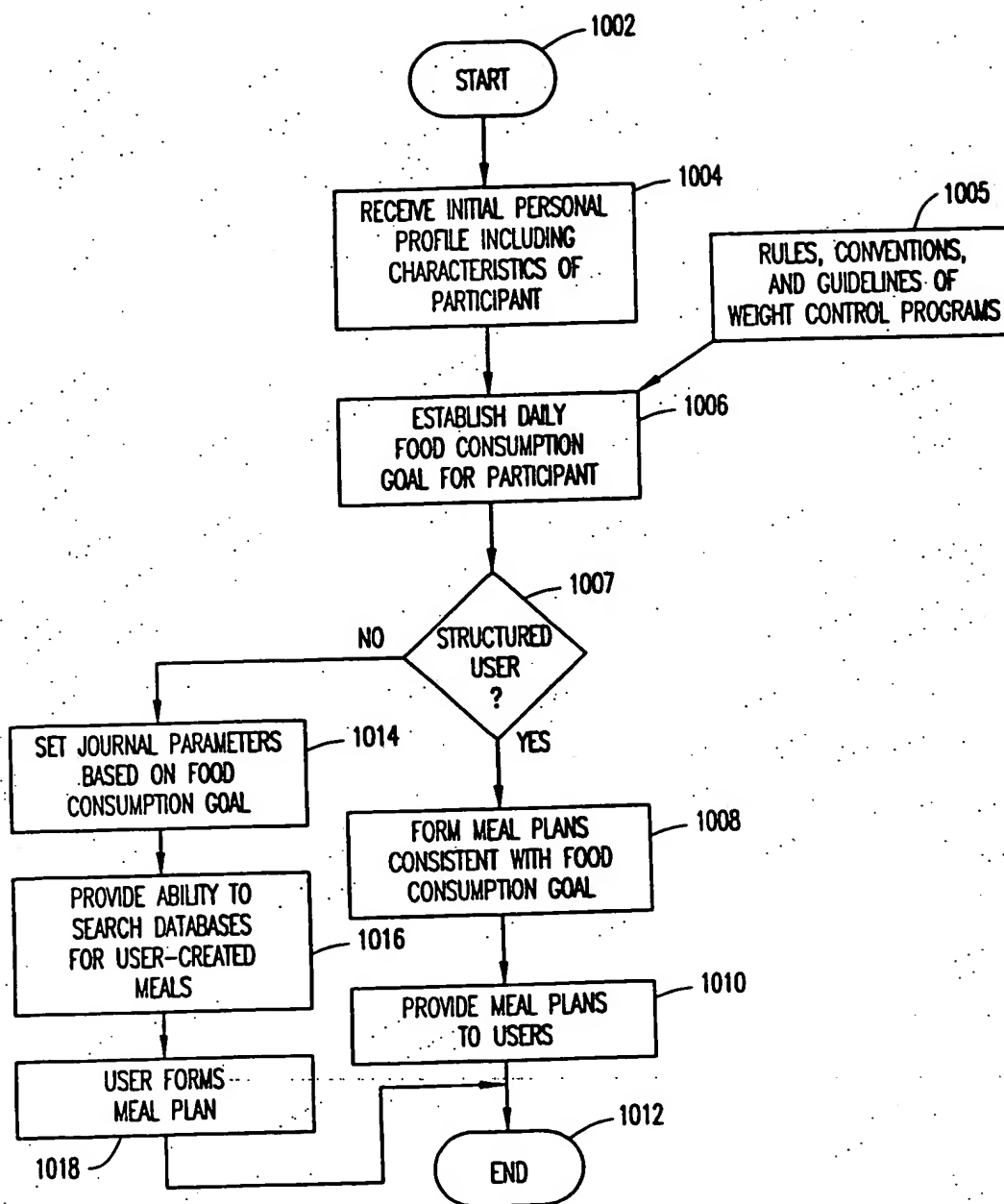


FIG. 10

11/28

900b

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address <http://>

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my journal [Friday, Jan 25, 2002](#) Target: 27 Range: 22-27 Bank: 3 [print day](#) [print blank journal](#) [user guide](#)

904b 906

Add Food Add Exercise Notes Calendar

Step 1: To add an exercise, you can either:

- Search our exercise database or view all activities: [weight lifting](#) [FIND](#) 1104
- Select a favorite: [Select from My Favorites](#) [ADD](#) 1102
- Express It! Enter your food and its POINTS value: Food: POINTS: [ADD](#)

[Need Help? Go to the Journal User Guide](#) [Find tips from others on the eTools Tip Exchange](#)

<input type="checkbox"/> 3/4 cup cooked brown rice	3
MAKE THIS MEAL A FAVORITE	Subtotal 8
Snack	
<input type="checkbox"/> 1 cup light artificially sweetened yogurt	2
<input type="checkbox"/> 1/2 cup sugar-free fruit flavored gelatin	0
<input type="checkbox"/> 2 Tbsp aerosol whipped cream	0
<input type="checkbox"/> 1 Tbsp sprinkles	1
<input type="checkbox"/> 3/4 oz chocolate chips	2
MAKE THIS MEAL A FAVORITE	Subtotal 5
Total Food POINTS used 24	
Total Food POINTS left for today 3	
Exercise	
<input type="checkbox"/> 30 min walking, leisure	1
Total Activity POINTS earned 1	
Check off daily on these important items	
Water	Multivitamin Supplement

Internet

FIG. 11

12/28

900c

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

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914

my journal • Friday, Jan 25, 2002 • Target: 27 Range: 22-27 Bank: 3 906

[print day](#) [print blank journal](#) [user guide](#)

Add Food Add Exercise Notes Calendar

Step 1: Select a meal time:

☐ Morning ☐ Midday ☐ Evening ☐ Snack

Step 2: To add food, you can either:

- Search our food database [FIND](#)
- Select a favorite: [Edit Favorites](#)
[Select from My Favorites](#) [ADD](#)
- Express it! Enter your food and its POINTS value:
Food: POINTS: [ADD](#)

[POINTS Calculator](#)

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[Calculate POINTS for recipes and food combos \(e.g. coffee, milk & sugar\)](#)

[View your meal plans](#)

1202

DELETE CHECKED ITEMS [SAVE & BANK](#)

☐ Check All Total Food POINTS used 24

Morning

☐ 3 slice(s) crisp cooked bacon 4

☐ 2 large fried egg(s) 5

[MAKE THIS MEAL A FAVORITE](#) Subtotal 9

Midday

☐ 1 small serving(s) cooked lean beef steak 7

☐ 1 cup(s) fruit salad 2

[MAKE THIS MEAL A FAVORITE](#) Subtotal 9

Evening

Subtotal 0

Snack

Subtotal 0

1102 Total Food POINTS used 18

Total Food POINTS left for today 9

Exercise

☐ 60 min jogging 7

Total Activity POINTS earned 7

Check off daily on these important items

Water 1204 ☐ Multivitamin Supplement

☐ Fruits & Vegetables 1206 ☐ Milk & Milk Products

[DELETE CHECKED ITEMS](#) [SAVE & BANK](#)

Internet

FIG. 12

13/28

900d

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address <http://> Go

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my journal [Friday, Jan 25, 2002](#) Target: 27 Range: 22-27 Bank: 0 906

[print day](#) [print blank journal](#) [user guide](#)

[Add Food](#) [Add Exercise](#) [Notes](#) [Calendar](#)

Click on any date below to view your journal entries for that specific day. To view a different month, click on the forward or back arrows.

Calendar Key

- Today's date
- The journal day you are viewing
- Your scheduled weight tracking day
- journal is complete: POINTS are banked!

Need Help? Go to the [Journal User Guide](#)

Find tips from others on the [eTools Tip Exchange](#)

DELETE CHECKED ITEMS

SAVE & BANK

Check All Total Food POINTS used 24

Morning

- 3 slice(s) crisp cooked bacon 4
- 2 large fried egg(s) 5
- Subtotal 9

Midday

- 1 small serving(s) cooked lean beef steak 7
- 1 cup(s) fruit salad 2
- Subtotal 9

Evening

- Subtotal 0

Snack

- Subtotal 0

Total Food POINTS used 18

Total Food POINTS left for today 9

Exercise

Internet

FIG. 13

14/28

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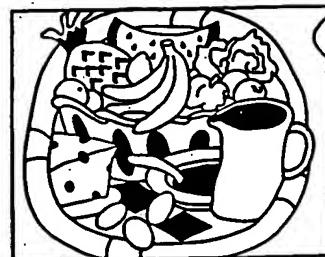
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meal plans my 7-day meal plan

Using a meal plan is simple way to kick-start your weight loss. Whether you follow the meal plan to the letter or simply use it for ideas and inspiration is up to you. For help using the meal plan, see our meal plan user guide.

view next week's plan see Daily View print

Jan 23 - Jan 29



	POINTS
<input checked="" type="checkbox"/> THURSDAY	23
<input checked="" type="checkbox"/> MORNING: Almond Apricot Flakes	6
<input checked="" type="checkbox"/> MIDDAY: Turkey Rollup	5
<input checked="" type="checkbox"/> EVENING: Orange-Lemon Scallops	7
<input checked="" type="checkbox"/> SNACK: Throughout the Day	5
<input checked="" type="checkbox"/> SATURDAY	24
<input checked="" type="checkbox"/> MORNING: From the Coffee Shop	5
<input checked="" type="checkbox"/> MIDDAY: Grilled Swordfish	6
<input checked="" type="checkbox"/> EVENING: Indian Take-Out	8
<input checked="" type="checkbox"/> SNACK: On the Go	5
<input checked="" type="checkbox"/> MONDAY	23
<input checked="" type="checkbox"/> MORNING: Apricot Yogurt Sundae	5
<input checked="" type="checkbox"/> MIDDAY: Super Salad	6
<input checked="" type="checkbox"/> EVENING: Quick Bites Before	7
<input checked="" type="checkbox"/> SNACK: Crunchy Snacks	5

add plan to my journal

	POINTS
<input checked="" type="checkbox"/> WEDNESDAY	23
<input checked="" type="checkbox"/> MORNING: Cheese Omelet	6
<input checked="" type="checkbox"/> MIDDAY: Veggie Chili	5
<input checked="" type="checkbox"/> EVENING: Apricot Turkey Br...	7
<input checked="" type="checkbox"/> SNACK: Snacks and Treats	5
<input checked="" type="checkbox"/> FRIDAY	24
<input checked="" type="checkbox"/> MORNING: Yogurt Topped Fruit	5
<input checked="" type="checkbox"/> MIDDAY: Cheese & Broc...	6
<input checked="" type="checkbox"/> EVENING: Spicy Pork Sauté	8
<input checked="" type="checkbox"/> SNACK: Savory Snacks	5
<input checked="" type="checkbox"/> SUNDAY	24
<input checked="" type="checkbox"/> MORNING: Raisin Nut Flakes	6
<input checked="" type="checkbox"/> MIDDAY: Turkey Sandwich w...	5
<input checked="" type="checkbox"/> EVENING: Baked Beef Fajita	8
<input checked="" type="checkbox"/> SNACK: Sweets and Treats	5
<input checked="" type="checkbox"/> TUESDAY	24
<input checked="" type="checkbox"/> MORNING: Apple-Almond Topp...	6
<input checked="" type="checkbox"/> MIDDAY: Bacon & Grill...	5
<input checked="" type="checkbox"/> EVENING: Turkey-Squash Shi...	8
<input checked="" type="checkbox"/> SNACK: Sweet and Salty S...	5

add plan to my journal

view next week's plan see Daily View print

need help?

Learn more and answer questions in our meal plan user guide.

- meal plan user guide
- meal planner profile
- Plan for Me-Plan
- Special diet/Regular
- POINTS range 22-27
- edit meal plan profile
- about meal plans

FIG. 14

15/28

1500g

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meal plans

my 7-day meal plan

Using a meal plan is simple way to kick-start your weight loss. Whether you follow the meal plan to the letter or simply use it for ideas and inspiration is up to you. For help using the meal plan, [see our meal plan user guide](#).

[next day](#) | [weekly view](#)

WED Jan 23 | 23 POINTS

[update my meal plan](#) 1504

☒ MORNING:

[Swap for another meal?](#)

- | | POINTS |
|--|--------|
| Cheese Omelet | 6 |
| <input checked="" type="checkbox"/> 3 medium egg white(s) | 1 |
| <input checked="" type="checkbox"/> 1 tsp basil | 0 |
| <input checked="" type="checkbox"/> 1 oz low-fat cheddar or colby cheese | 1 |
| <input checked="" type="checkbox"/> 1 slice high-fiber bread | 1 |
| <input checked="" type="checkbox"/> 1 cup canned fruit cocktail, packed in water | 1 |
| <input checked="" type="checkbox"/> 1 cup low-fat milk | 2 |

☒ MIDDAY:

[Swap for another meal?](#)

- | | POINTS |
|--|--------|
| Veggie Chili | 5 |
| <input checked="" type="checkbox"/> 1 cup Health Valley Wild Vegetarian Chili | 2 |
| <input checked="" type="checkbox"/> 1 cup fresh vegetable sticks | 0 |
| <input checked="" type="checkbox"/> 1 Tbsp reduced-calorie salad dressing | 1 |
| <input checked="" type="checkbox"/> 1 cup grapes | 1 |
| <input checked="" type="checkbox"/> 1 slice toasted wheat bread | 1 |
| <input checked="" type="checkbox"/> 1 Tbsp I Can't Believe It's Not Butter! Fat-Free Margarine | 0 |

☒ EVENING:

[Swap for another meal?](#)

- | | POINTS |
|--|--------|
| Apricot Turkey Breast with Cinnamon Squash | 7 |
| <input checked="" type="checkbox"/> 4 oz boneless, skinless turkey breast(s) | 3 |
| <input checked="" type="checkbox"/> 1 Tbsp apricot jam | 1 |
| <input checked="" type="checkbox"/> 1 tsp ground ginger | 0 |
| <input checked="" type="checkbox"/> 3/4 medium acorn squash | 2 |
| <input checked="" type="checkbox"/> 1/8 tsp ground cinnamon | 0 |
| <input checked="" type="checkbox"/> 1 Tbsp light butter | 1 |
| <input checked="" type="checkbox"/> 1 1/2 cup green snap beans | 0 |

☒ SNACK:

[Swap for another meal?](#)

- | | POINTS |
|--|--------|
| Snacks and Treats | 5 |
| <input checked="" type="checkbox"/> 1 cup 0-POINT soup | 0 |
| <input checked="" type="checkbox"/> 1 cup fresh vegetable sticks | 0 |

need help?

[Learn more and answer questions in our meal plan user guide.](#)

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FIG. 15A

1500b

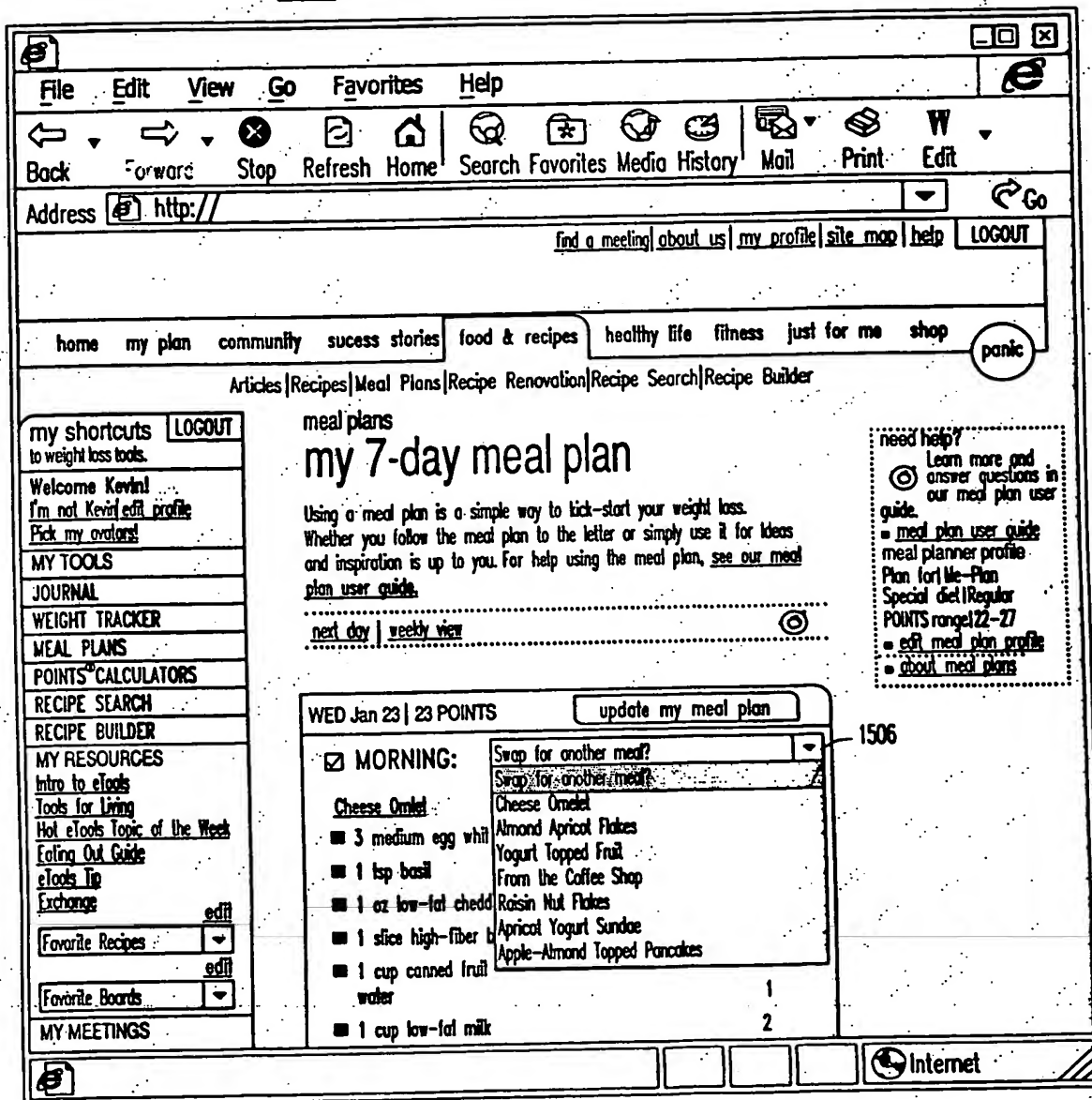


FIG. 15B

17/28

900e

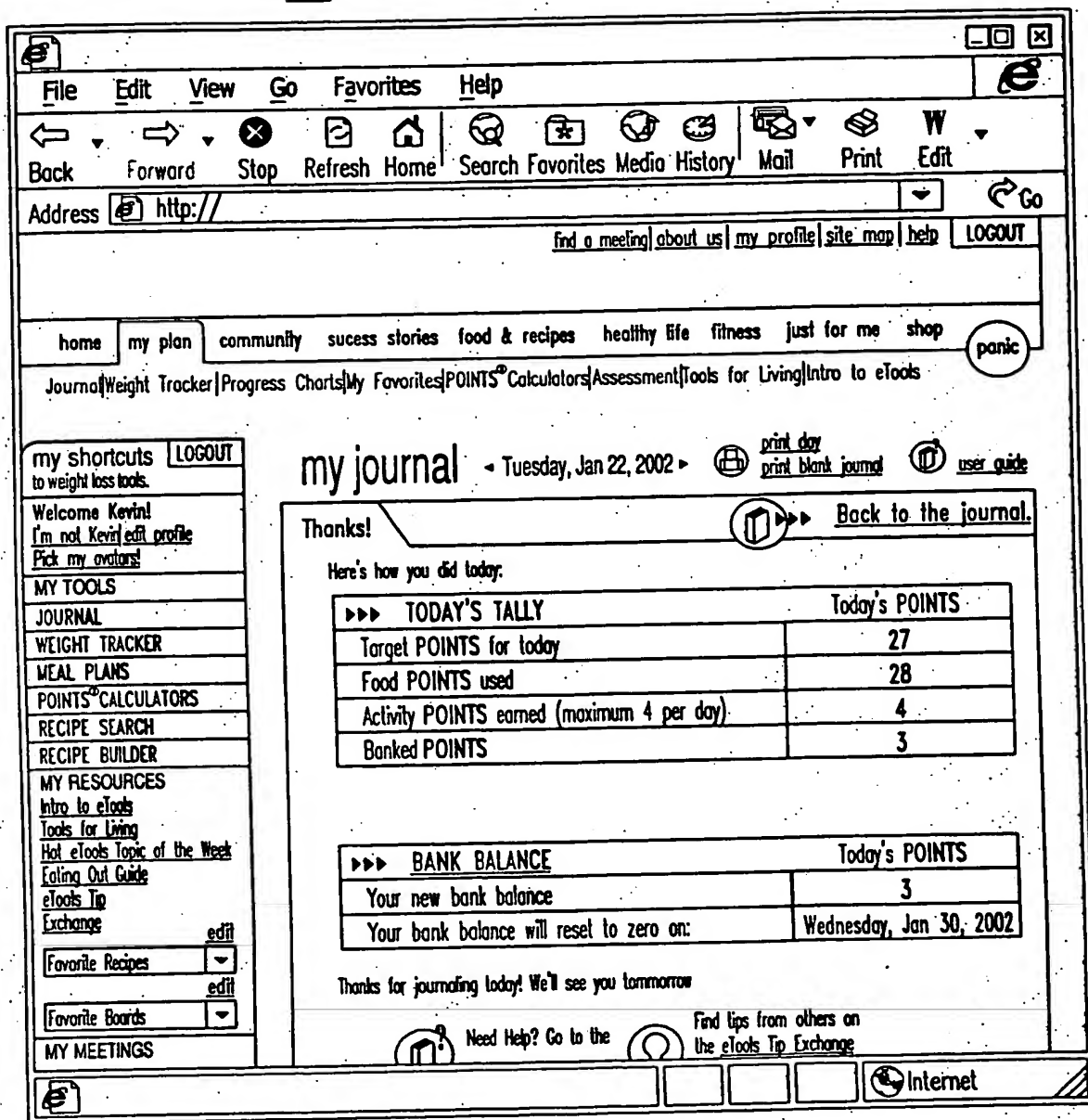


FIG. 16A

900f

914

my journal Tuesday, Jan 22, 2002 Target: 27 Range: 22-27 Bank: 0

Your journal has been saved!

Below is a summary of your POINTS. Simply select the number of POINTS you wish to bank for the day and click "Yes".

Today's POINTS	
Target POINTS for today	27
Food POINTS used	28
Activity POINTS earned (maximum 4 per day)	4
Banked POINTS	3

Are you done for the day and ready to BANK your POINTS?

Yes! Click "Yes" if you're done journaling for the day and want to bank any left over food or activity POINTS.
Need help with banking?

1602 1604a 1604b

FIG. 16B

19/28

1700

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recipes

results of search or browse

Search Details: Keywords: chicken. Points Range: 5 to 7

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Browse [FIND](#) POINTS range: to [FIND](#)

Looking for more options? [Refine your search.](#)

1702

Recipe, POINTS per serving	Course	Time
Apple Braised Chicken , 5	Main Meals	55 min
Baked Chicken with Sun-dried Tomato Sauce , 5	Main Meals	30 min
Barbecue Chicken and Black Bean Pizza , 7	Main Meals	30 min
Basque Chicken , 7	Main Meals	45 min
Chicken and Dumplings , 5	Main Meals	40 min
Chicken and Sausage Gumbo , 6	Main Meals, Soups	33 min
Chicken Burritos , 5	Main Meals	37 min
Chicken Enchiladas , 7	Main Meals	60 min
Chicken Fajitas , 6	Main Meals	25 min
Chicken Fingers with Barbecue Sauce , 5	Main Meals	22 min
Chicken in Apricot Sauce , 5	Main Meals	45 min
Chicken Jambalaya , 6	Main Meals	50 min
Chicken Mole Wraps , 7	Main Meals	31 min
Chicken Poella , 7	Main Meals	330 min
Chicken Parmigiana Sandwich , 6	Sandwiches	35 min
Chicken Poppers , 6	Main Meals, Side Dishes	20 min
Chicken Pot Pie , 6	Main Meals	65 min
Chicken Salad in Whole-Wheat Bread Bowl , 5	Main Meals	20 min
Chicken Sauté with Pine Nuts , 6	Main Meals	25 min
Chicken Stewed with Artichokes and Tomatoes , 5	Main Meals	50 min

Browse [FIND](#) POINTS range: to [FIND](#)

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FREE! for all visitors



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FIG. 17

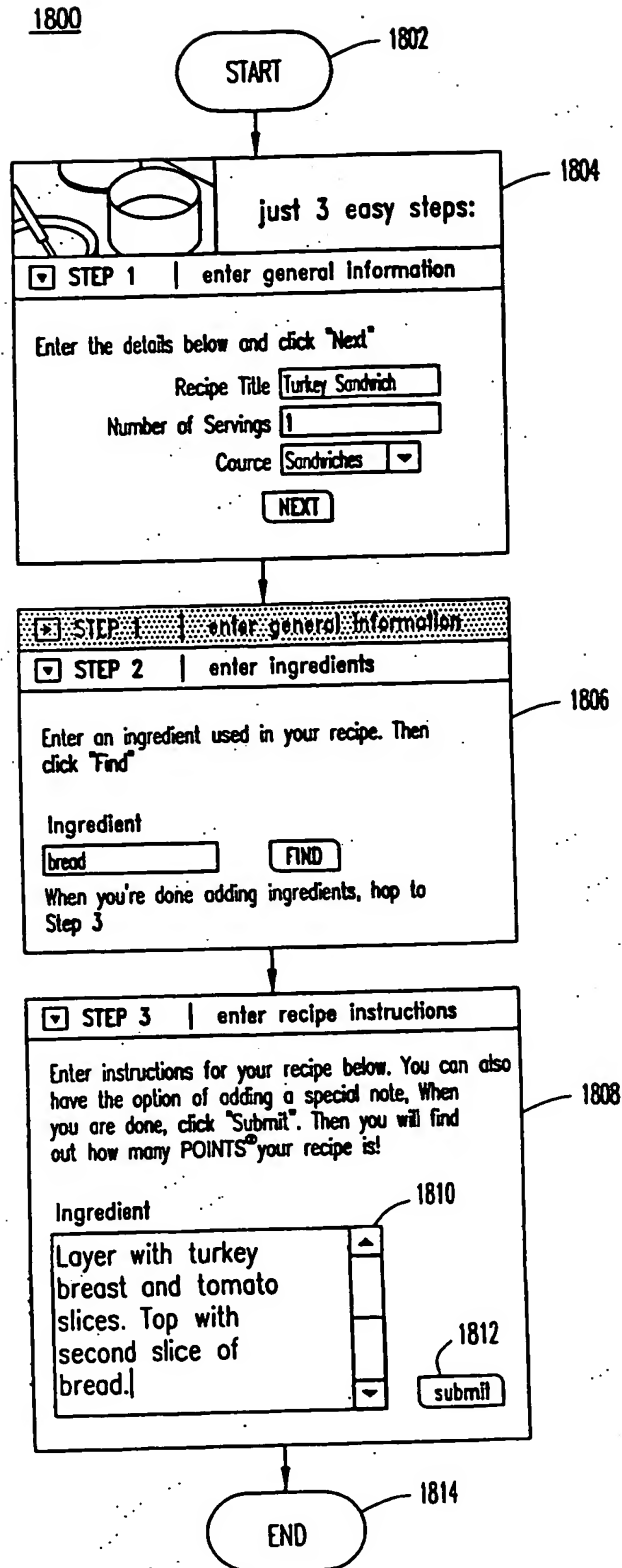


FIG. 18

806b

1900

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808b

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weight tracker

Wednesday, January 16, 2002

Total weight loss

10.0 LBS.

Most recent weight: 221.6lbs on 1/14/2002

POINTS Range: 22-27

Meeting day: Monday

1902

Milestones: 5

Thank You

VIEW PROGRESS CHARTS

Thank you for logging your weight this week!
Please return next Monday to log your weight.
Share stories on Tales from the Scale

ENTER PREVIOUS WEIGHT

health & safety

getting to weight goal

learn more, weight less

we put your health and safety first. Learn about how your weight and weight-loss efforts can affect your health.

Whether you lost big this week or were a little disappointed, remember to take time out to get inspired all over again.

Make the scale your friend each week by getting tips from weight-loss experts and fellow dieters alike!

What's your BMI

Effects of Rapid Weight Loss

18 Ways to Reward Yourself

Create a Motivating Strategy

The Great Weigh-In

20 Weight Loss Tips (from Real Meeting-Goers!)

weight loss profile

Main

View & Edit Weights

Enter Previous Weights

Additional Information

Beyond the scale

Get a better grip on your weight-loss success the next time you carry groceries. Click the pounds to see what you'd have to lift.

1lb | 5lb | 10lb | 25lb

4 sticks of butter

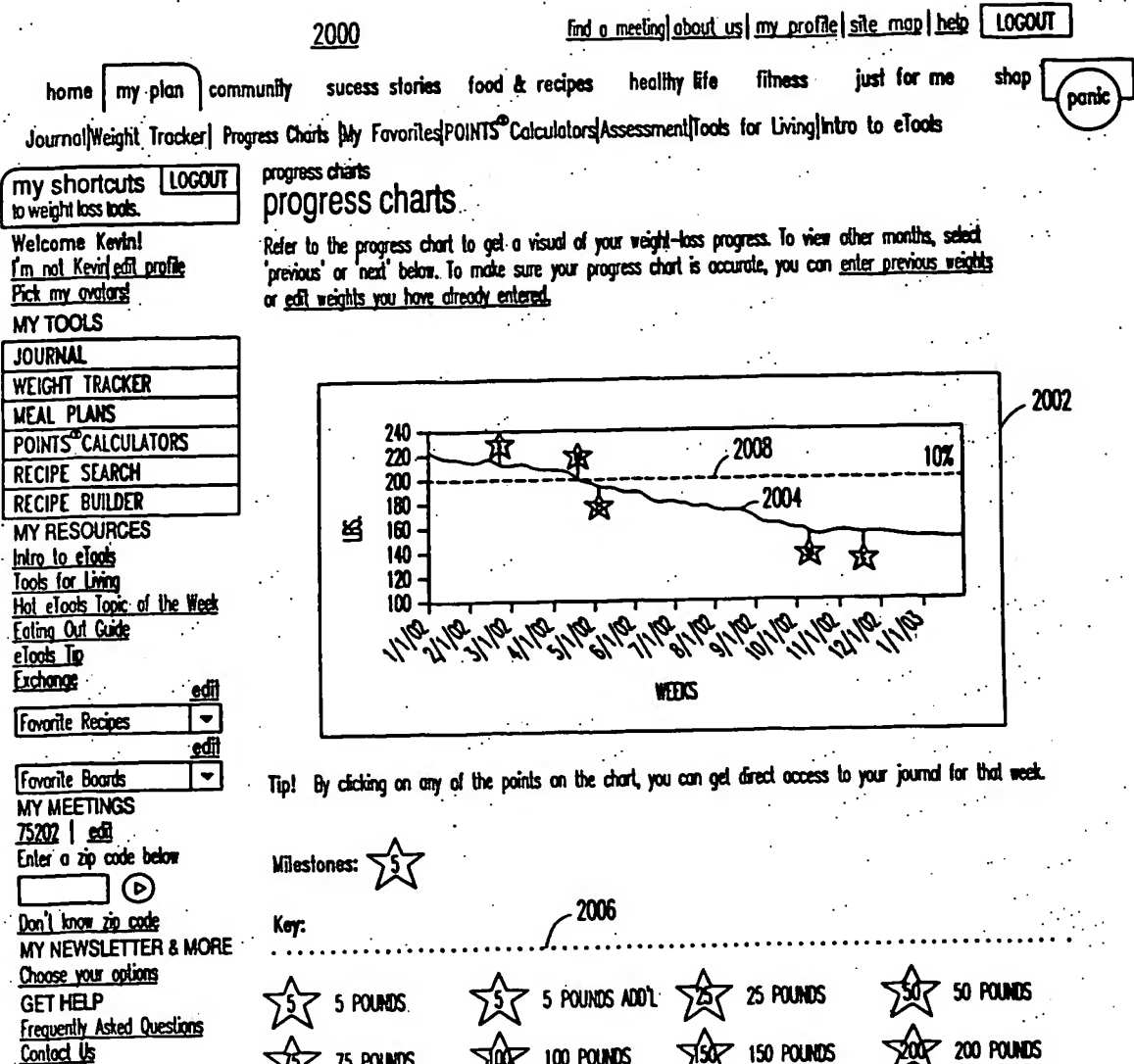


FIG. 20

2100

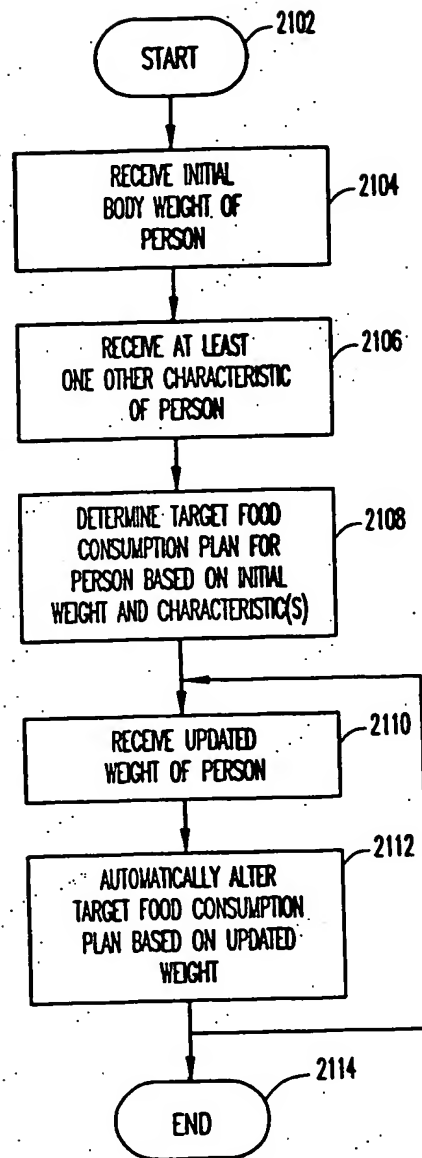


FIG. 21

2200

[find a meeting](#)
[about us](#)
[my profile](#)
[site map](#)
[help](#)

LOGOUT

[home](#)
[my plan](#)
[community](#)
[sucess stories](#)
[food & recipes](#)
[healthy life](#)
[fitness](#)
[just for me](#)

shop

826

panic

my shortcuts

to weight loss tools.

LOGOUT

Welcome Kevin!

[I'm not Kevin](#) [edit profile](#)

[Pick my avatars!](#)

MY TOOLS

JOURNAL

WEIGHT TRACKER

MEAL PLANS

POINTS[®] CALCULATORS

RECIPE SEARCH

RECIPE BUILDER

MY RESOURCES

[Intro to eTools](#)

[Tools for Living](#)

[Hot eTools Topic of the Week](#)

[Eating Out Guide](#)

[eTools Tip](#)

[Exchange](#)

Favorite Recipes

edit

Favorite Boards

edit

MY MEETINGS

75202

edit

Enter a zip code below

▶

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2202

don't *panic!*

...we know how hard it can be.

Never trade what you want at the moment
for what you want most.

Everyone has moments of panic or days of stress, or even weeks when they're just frantic. That's why we've created the "Panic Page." It will help point you down the right path when you're stressed out about your weight loss.

First of all, we're here to provide the connections you need in order to talk to others who've been there. Get in touch and talk it over on our [message boards](#) and in our [chat rooms](#).

And read up on your rough spots, too. Here are some potential "Panic" situations. If one sounds familiar, click on the link for some sound solutions.

- [I want to lose weight, but I can't seem to get started.](#)
- [My weight-loss is at a standstill](#)
- [I've fallen off the wagon.](#)
- [I'm thinking of quitting.](#)
- [I gained this week.](#)
- [I can't do this](#)
- [I just ate a whole chocolate cake.](#)
- [I can't stop overeating!](#)
- [Everybody I know is losing weight except me.](#)
- [I'm stressed!](#)
- [My family and friends keep bringing me food!](#)
- [My spouse doesn't seem to want me to lose weight.](#)
- [I'm planning a vacation. How will I stay on track while away?](#)
- [My friends have asked me to go out to eat with them.](#)

- [I have zero POINTS left for the day!](#)
- [Somebody just said something really hurtful to me.](#)
- [None of my jeans fit me anymore!](#)
- [I'm too big to fit into a bus seat.](#)
- [I'm going to have to stand in front of a crowd. People will notice me.](#)
- [I feel so lonely.](#)
- [I'm bored with trying to lose weight.](#)
- [I'm frustrated with trying to lose weight.](#)
- [I hate exercising.](#)
- [I've lost my motivation.](#)
- [I feel thinner and look thinner, but I'm not losing pounds.](#)

your best resource

Thousands of people just like you use our chat and message boards for

inspiration and encouragement. See how they tackled the problems you face.

- [chat with others now](#)
- [go to newbie board](#)

your best resource

Our leaders provide the best answers to all your questions about weight loss.

find a meeting

get help

Panicking cause you're having problems using some of the tools on our site?

frequently asked questions

FIG. 22

2300

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address Go

[find a meeting](#) [about us](#) [my profile](#) [site map](#) [help](#) [LOGOUT](#)

[home](#) [my plan](#) [community](#) [success stories](#) [food & recipes](#) [healthy life](#) [fitness](#) [just for me](#) [shop](#) [panic](#)

[Journal](#) [Weight Tracker](#) [Progress Charts](#) [My Favorites](#) [POINTS[®] Calculators](#) [Assessment](#) [Tools for Living](#) [Intro to eTools](#)

my shortcuts [LOGOUT](#)
to weight loss tools:
Welcome Kevin!
[I'm not Kevin!](#) [edit profile](#)
[Pick my avatars!](#)

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my profile
edit public profile

Select another page in my profile... [Go](#)

Your public profile lets others using the site learn about you. To make a detail appear in your profile, check the "Add to public profile" box. You can also enter fun details, such as your favorite quote, below. When you are done, click "Submit."

Important: Any information you can consent to being publicly available can be seen by any user on this website. [Learn more about public profiles.](#)

[make public](#) [2302](#) [submit](#)

☒ User name: John Smith
☐ E-mail address: jsmith@workplace.com
☐ Birthdate: 07/14/66
☒ Gender: Male
☒ Marital status: Single
☒ Number of children: 0
☒ Profession: Professional (e.g. doctor, lawyer)
☐ Astrological sign: Cancer
☐ My home page:
☒ Astrological sign: [Go](#)

Enter your start, goal and current weights below. It will display in this order in your signature: 180/169.4/141

Start weight: lbs
Current weight: lbs
Weight goal: lbs

[submit](#) [2306](#)

Internet

FIG. 23

2400a

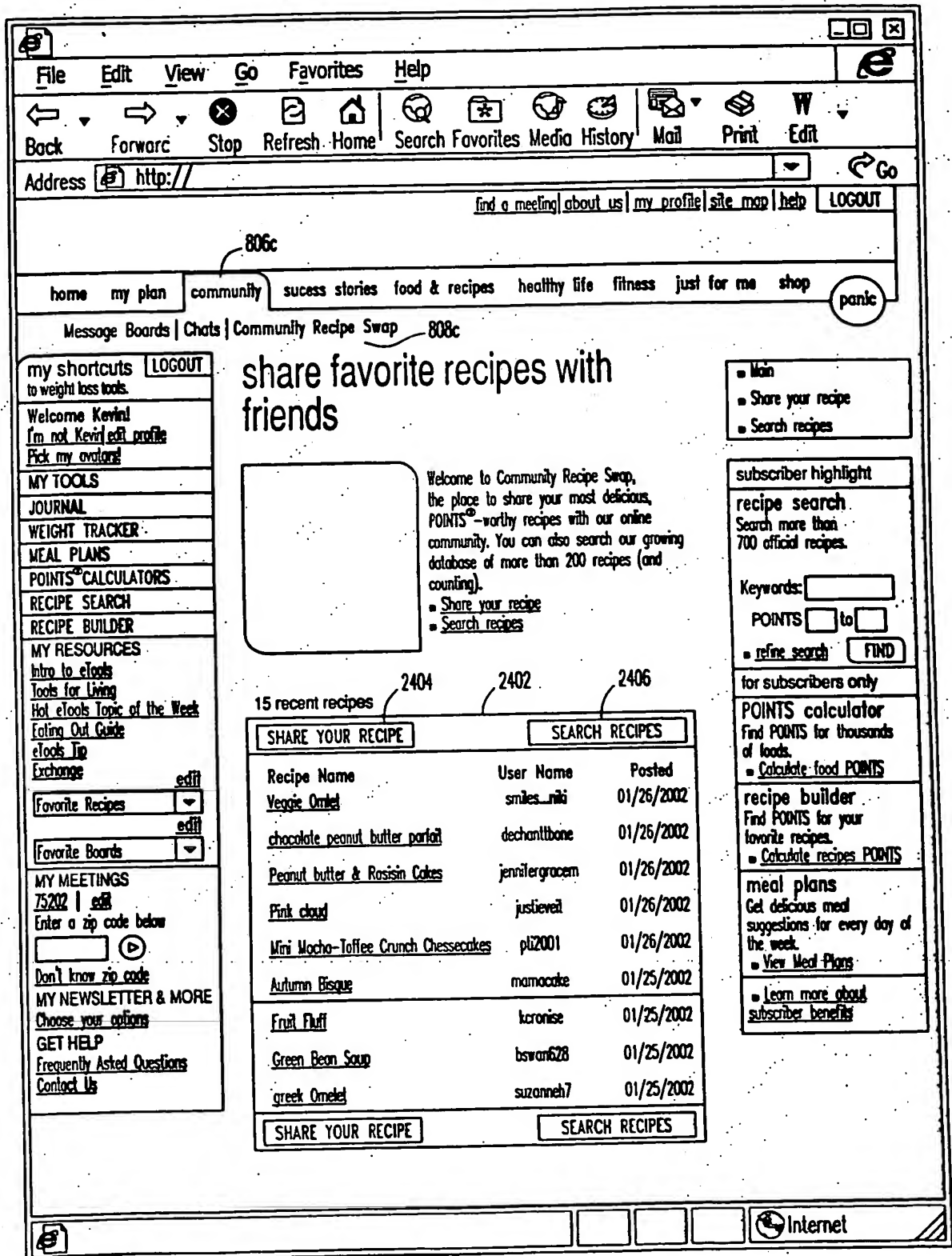


FIG. 24A

2400b

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address Go

[find a meeting](#) [about us](#) [my profile](#) [site map](#) [help](#) [LOGOUT](#)

[home](#) [my plan](#) [community](#) [success stories](#) [food & recipes](#) [healthy life](#) [fitness](#) [just for me](#) [shop](#) [ponic](#)

[Message Boards](#) [Chats](#) [Community Recipe Swap](#)

community recipe swap

share your recipe

Sharing your personal recipes is easy! To swap your recipe, simply fill in the details below and click "Submit." Why not include a special note telling others how you love the recipe and how it's helped you stick to your POINTS®.

IMPORTANT: You should only swap your personal recipes and not recipes that are someone else's or that you copied from publications such as cookbooks or magazines.

Recipe Title:

From the Kitchen of:

Meal Course:

Number of Servings:

Estimated POINTS per serving:

Ingredients:

Instructions:

Special Notes:

my shortcuts [LOGOUT](#)

to weight loss tools.

Welcome Kevin!
[I'm not Kevin! edit profile](#)
[Pick my avatars!](#)

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MY MEETINGS

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Internet

FIG. 24B

2400c

The screenshot shows a web browser window with a menu bar (File, Edit, View, Go, Favorites, Help) and a toolbar with icons for Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, and Edit. The address bar shows 'http://'. Below the address bar is a navigation bar with links: home, my-plan, community (labeled 806c), success stories, food & recipes, healthy life, fitness, just for me, shop, and a panic button. A secondary navigation bar includes Message Boards, Chats, Community Recipe Swap (labeled 808c), and a LOGOUT button. The main content area is titled 'community recipe swap' and 'share your recipe'. It features a search bar (labeled 2426) with a dropdown menu (labeled 2428a) and a FIND button (labeled 2428b). Below the search bar is a 'refine search' section (labeled 2430) with a text input field (labeled 2432) and a RANGE button. The 'refine search' section includes a list of meal courses with checkboxes: Beverages, Light Meals, Side Dishes, Breakfast, Main Meals, Snacks, Cakes, Sandwiches, Soups, Desserts, and Sauces (labeled 2434). Below the meal courses is a 'Posting Date' section (labeled 2436) with a dropdown menu (labeled 2438) and a FIND button. The left sidebar contains a 'my shortcuts' section with links to 'to weight loss tools', 'Welcome Kevin!', 'I'm not Kevin!', 'Pick my oval', 'MY TOOLS', 'JOURNAL', 'WEIGHT TRACKER', 'MEAL PLANS', 'POINTS CALCULATORS', 'RECIPE SEARCH', 'RECIPE BUILDER', 'MY RESOURCES', 'Intro to eTools', 'Tools for Living', 'Hot eTools Topic of the Week', 'Eating Out Guide', 'eTools Tip', 'Exchange', 'Favorite Recipes', 'Favorite Boards', 'MY MEETINGS', '75/202', 'Enter a zip code below', 'Don't know zip code', 'MY NEWSLETTER & MORE', 'Choose your options', 'GET HELP', 'Frequently Asked Questions', and 'Contact Us'. The right sidebar contains a 'subscriber highlight' section with links to 'Main', 'Share your recipe', and 'Search recipes'. Below this is a 'recipe search' section with the text 'Find what you're craving. Search more than 700 official recipes.' and links to 'Go to Recipe Search' and 'Learn more about subscriber benefits'. Below that is a 'for subscribers only' section with a 'POINTS calculator' section (Find POINTS for thousands of foods, Calculate food POINTS) and a 'recipe builder' section (Find POINTS for your favorite recipes, Calculate recipe POINTS). Below that is a 'meal plans' section (Get delicious meal suggestions for every day of the week, View Meal Plans) and a link to 'Learn more about subscriber benefits'. The bottom of the browser window shows a status bar with an Internet icon.

FIG. 24C